User's Product Manual

LifeCore LC-950UBs Upright Bike

Introduction

Congratulations on your purchase of the 950UBs Upright Bike. This product has been designed and manufactured to meet the needs and requirements of domestic use.

By Choosing your 950UBs Upright Bike, you have made a wise decision that will improve the health of you and your family. Being fit and healthy will improve your energy level and your quality of life.

Cardiovascular training is vital for all ages and the 950UBs Upright Bike provides a more effective workout, producing better results, and will encourage you to reach your fitness goals and maintain the body you have always wanted.

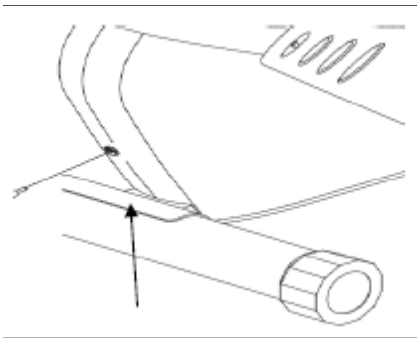
In order to make your experience with LifeCore the best it can be, please review the enclosed user's manual prior to assembly and first use. Be sure to keep the instructions for reference and/or maintenance.

We also offer a complete line of fitness equipment; please take a moment to review our other excellent products at www.lifecorefitness.com. Should you have any questions, please contact us. Your feedback and ideas about your experience with LifeCore are also very important to us. Write to us at:

LifeCore Fitness Inc.
2575 Pioneer Ave. Suite 101
Vista, CA 92081

We wish you lots of success and fun while training!

Purchaser's Reference Information



Serial Number is located on the frame

Please send in the attached warranty card and a copy of the original receipt or register online at www.lifecorefitness.com within (10) days of purchase to register your product with LifeCore Fitness.

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LifeCORE Fitness

"We Fit Your Life"

Safety Instructions & Warnings

The 950UBs Upright Bike is designed and manufactured to meet or exceed all domestic and international safety standards. However, certain precautions need to be followed when operating any exercise equipment.

General safety instructions:

1. It is important to consult your physician before any exercise program.
2. Pregnant women should consult with their physician before beginning any exercise program. He/she can help determine the exercise program that is the most appropriate for your age and physical condition.
3. If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately. Consult your physician before continuing your exercise.
4. Keep children away from the equipment. Hands and feet may get caught in the pedals or other moving parts, which could result in serious injury.
5. No more than one person should ever use the product at a time.
6. Pets should never be allowed near unit.
7. Always wear proper clothing and shoes when exercising. Drink plenty of fluids when exercising.
8. Always stretch and warm up before starting any exercise program.
9. Never operate this unit if it is damaged or broken. Contact your authorized dealer for service.
10. Place your equipment on a solid, level surface when in use.
11. Place your unit in an area with enough clearance to operate the equipment.
12. Make sure all components are fastened securely at all times.

Product safety instructions:

1. Start your exercise program gradually. Exercise only for a few minutes the first day to let your body adjust to the new exercise.
2. Slowly increase your exercise time and intensity over the first two weeks. If you increase your intensity too rapidly, or fail to warm up properly, you can increase the risk of injury.
3. Use of this machine with worn or weakened parts, may result in injury to the user. We strongly suggest replacing it immediately. Use only the accessory attachments recommended by the manufacturer.
4. Unit maximum weight limit is 300LBS
5. It is recommended the unit be plugged into a surge protector. Do not place machine in an area of high voltage or electromagnetic fields.
6. Whenever mounting or dismounting from the exercise machine, make sure that the unit is not in motion and use caution to prevent injury. Use the handlebars or a helper whenever additional stability is required.
7. Make sure that all components are fastened securely including but not limited to seat, pedals, handlebars, or any electric components.
8. Never place any open containers of any type directly on the unit, only containers with lids are recommended to be used with the appropriate water bottle holder.
9. Keep machine clear of any obstructions, heavy machinery, and never place objects on or against machine. Perform proper maintenance as recommended in this manual.
10. Failure to follow these instructions will void the units warranty and the manufacturer or distributor assumes no responsibility for personal injury or property damages related to the product if unit is ever used incorrectly or for reasons other than exercise.
11. Save this manual for future reference.

Assembly Instructions

The LifeCore 950UBs Upright Bike is made from the best materials and has been tested and received a quality control review prior to its packaging to ensure the correct parts and proper fitting of each component.

Before assembly of your product, distinguish a proper and appropriate location for the unit where there is easy access to an electrical outlet with a surge protector. Unpack the box in a clear work area to allow smooth assembly. Remove all of the parts from the packing material; however, do not discard packing material until assembly is complete. Double check packing materials to ensure no missing parts were left behind.

Note that some hardware may be preassembled to components in order to help with assembly; tools have also been provided to assist with assembly. If you are missing any parts, assembly bags or need assistance with assembly please call LifeCore Fitness at 1-888-815-5559.

Below are step by step assembly instructions:

Tool Needed:
6mm Allen wrench
13mm & 15mm wrench
Screw driver

Step 1: Rear Stabilizer Assembly

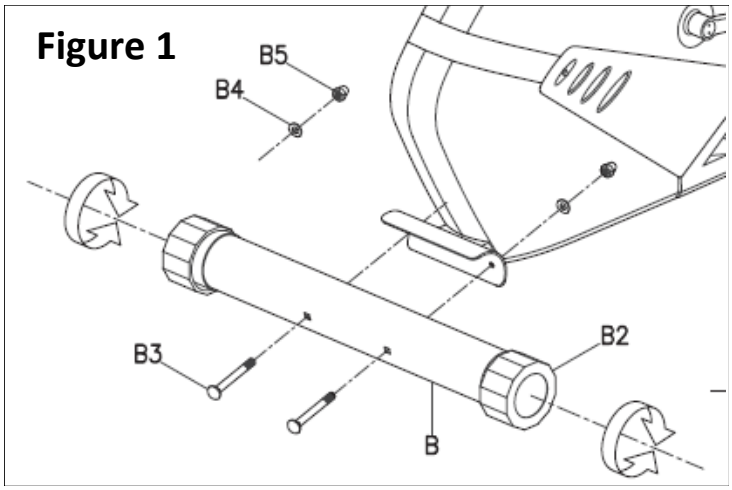
Tool Needed:
13mm wrench

1) Remove pre-assembled bolts (B3), washers (B4) and nuts (B5) from the rear stabilizer (B).

Note: Apply blue loctite to the threads of each bolt before attaching. The loctite is located in the user's manual packet.

2) Attach the rear stabilizer (B) to the main frame with same bolts, washers and nuts. Use a 13mm wrench or the tool that comes with the machine to tighten nuts.

Figure 1



How to Keep the Machine Stable

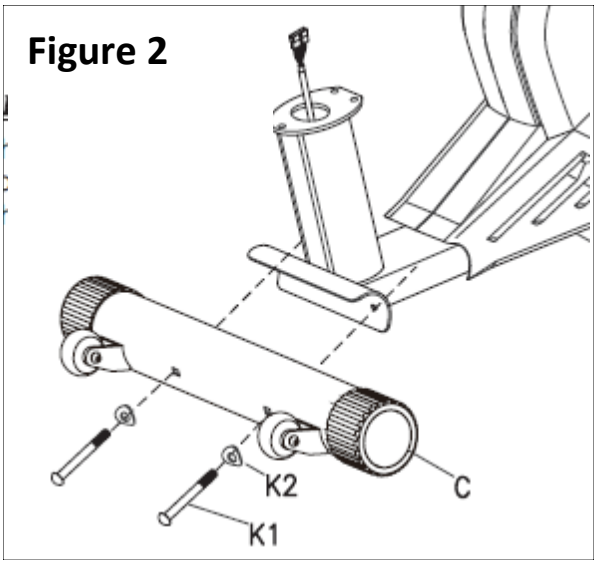
Note: After the stabilizers are attached in (Step 1 & Step 2), check to see if the machine is stable. If the machine is unstable, then adjust the rear end caps (B2) to level the machine.

Step 2: Front Stabilizer Assembly

Tool Needed:
6mm Allen wrench

Note: Apply blue loctite to the threads of each bolt.

(**See Figure 2**) Attach the front stabilizer (C) to the main frame with bolts (K1) and washers (K2), using a 6mm Allen wrench to tighten them.



Step 3: Central Support Tube Assembly

Tool Needed:
6mm Allen wrench

Note: Additional assembly help maybe needed.

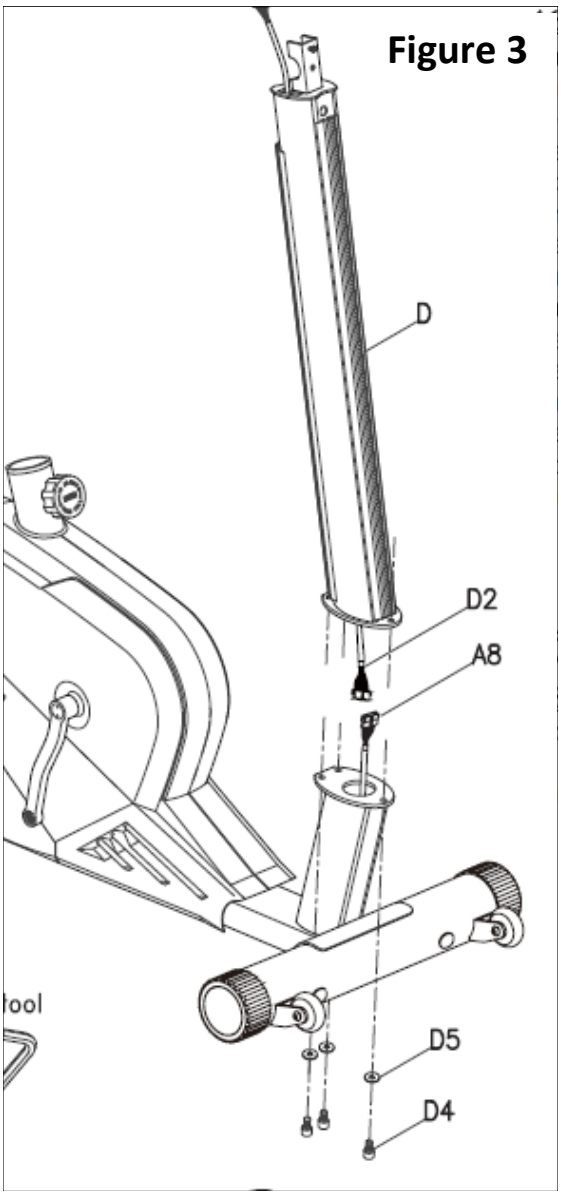
1) Remove bolts (D4) and washers (D5) from the central support tube (D).

2) **(See Figure 3)** Locate and connect cable (D2) with cable (A8) together, make sure connections are joined properly.

Note: Be careful not to pinch wires while joining the two parts.

3) Apply blue loctite to the threads of each bolt.

4) Place the central support tube (D) on the main frame and secure it with bolts (D4) and washers (D5) to tighten the central support tube. Use a 6mm Allen wrench to tighten them.



Step 4: Central Support Tube Cover Assembly

Tool Needed:
Screw driver

(**See Figure 4)** Connect the decoration covers (K6-L & K7-R) to the front of the main frame. Using a screw driver, tighten screws (K3) to secure covers together.

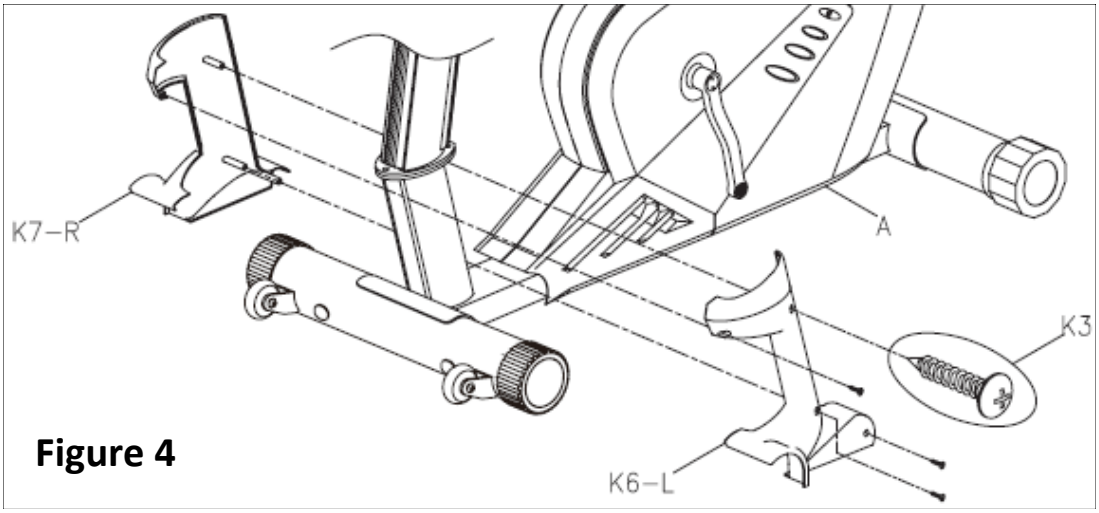


Figure 4

Step 5: Front Handle Bar Assembly

Tool Needed:
13mm wrench

Note: Additional assembly help maybe needed.

1) Remove the nut (E9) and washer (E8) from the handle bar.
2) (**See Figure 5**) Joint the hand bar assembly to the central support tube using the same washer and nut; using a 13mm wrench to tighten them.

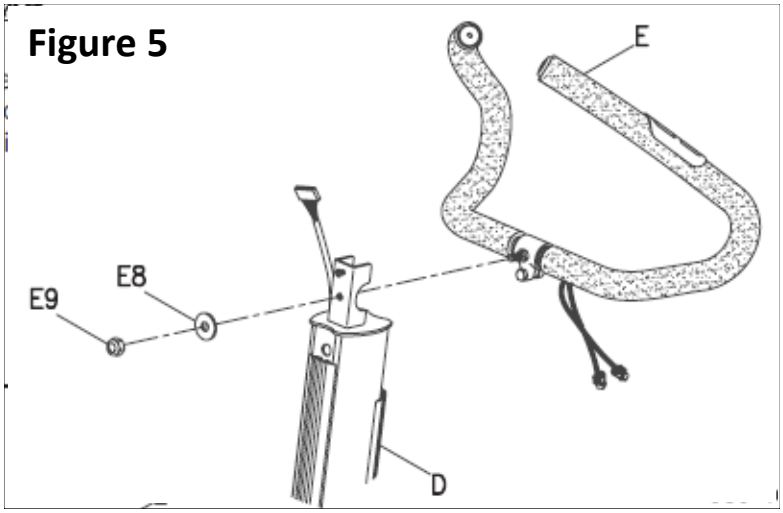


Figure 5

Step 6: Console Housing Assembly

Tool Needed:
Philips screw driver

(**See Figure 6-1**) **Console Rear Housing**

1) Remove the pre-installed screw (D3) and connect the housing cover (K5) to the central support tube (D).

2) Use a screw driver to tighten the cover into frame with screw (D3).

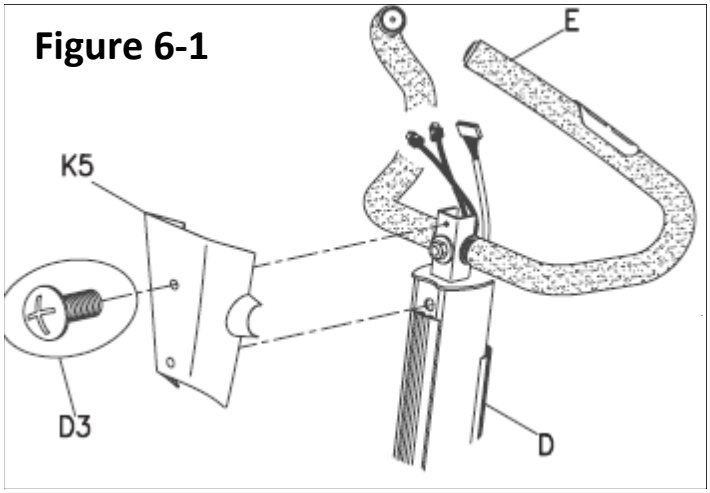


Figure 6-1

(See Figure 6-2) Console Front Housing

1) Remove knob (E10) from the handle bar assembly. Locate the house cover (K4) and connect it to the central support tube. Make sure wires (A8 & A4) are feeding through the top of cover (see View A).

Note: *Be careful not to pinch wires.*

2) Join the two covers together. Using a screw driver and tighten these two covers with screws (K2).

3) Retighten the knob (E10) to the handle bar assembly.

4) Make sure all wires are outside the housing covers. Locate one screw (K2) and finish screwing the two covers together. See figure below.

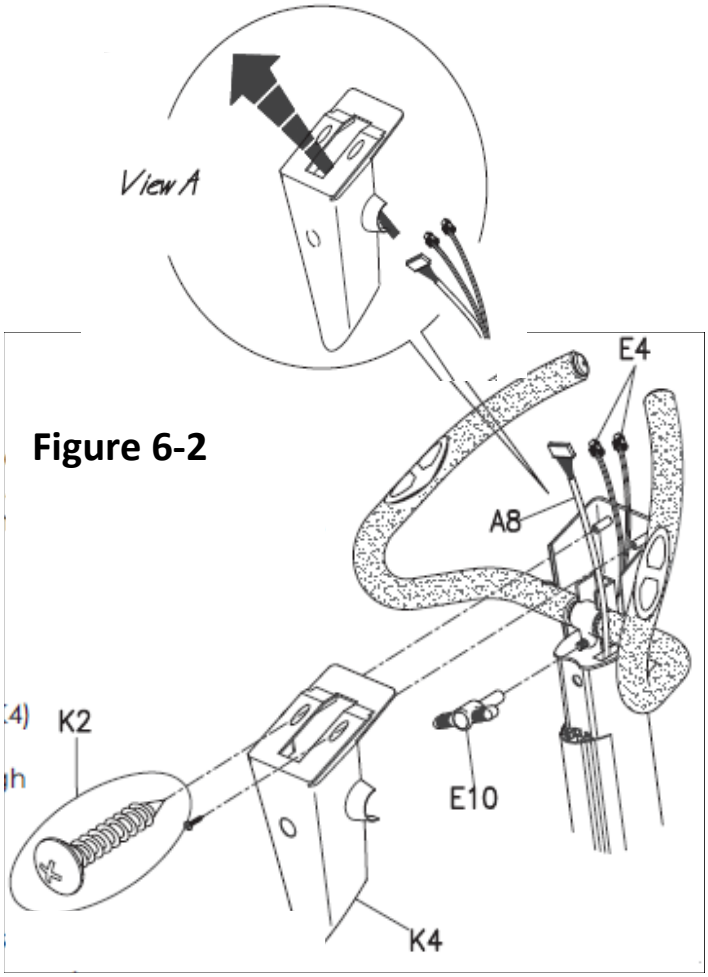
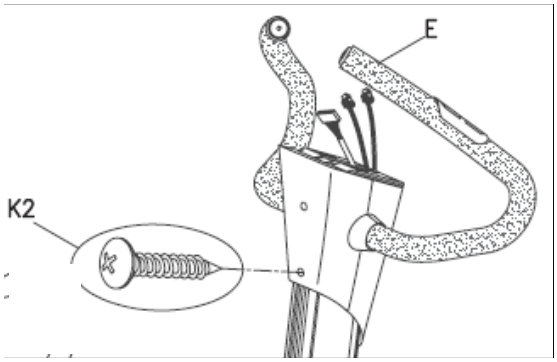


Figure 6-2

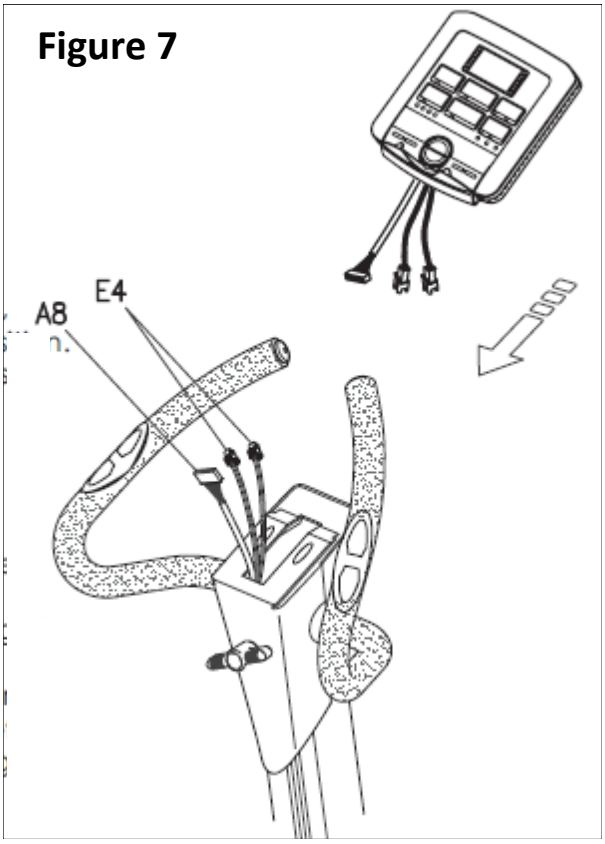


Step 7: Console Assembly

1) (**See Figure 7**) Connect console wire (A8) and heart rate wires (E4) to the console. Make sure that the wires are connected together properly.

2) Slide the console onto the housing covers. Be careful not to pinch the wires while sliding the console. Push and store excess wires back into housing covers.

Figure 7



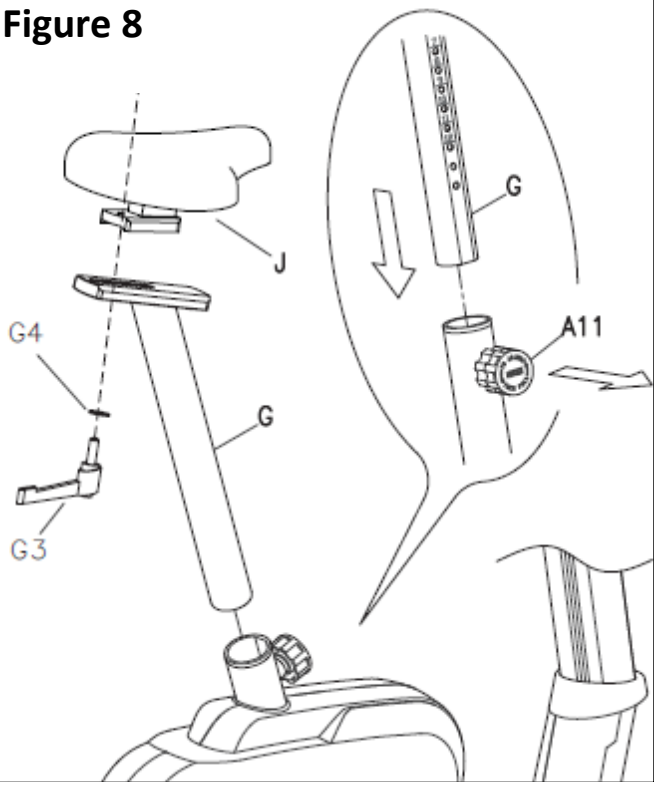
Step 8: Saddle & Saddle Tube Assembly

1) Remove knob (G3) and washer (G4) from saddle (J).

2) Position saddle onto the moving basement and tighten it using washer (G4) and knob (G3).

3) Loosen knob (A11) on the saddle tube's receiver and pull on the knob to slide the saddle tube (G) onto receiver. Once it is locked in place, release the knob to secure the saddle tube.

Figure 8



Step 9: Pedal Assembly

Tool Needed:
15mm wrench

1) Locate the left & right pedal. There is Left and Right marker on the pedal itself for identification.
2) Tighten right pedal (H2-R) clockwise and left pedal (H1-L) counter-clockwise. Use a 15mm wrench to tighten each pedal as tight as possible.
3) Afterwards, insert the pedal straps into each pedal (Note: left and right side). Adjust the straps according to the user's shoe size while on the bike.

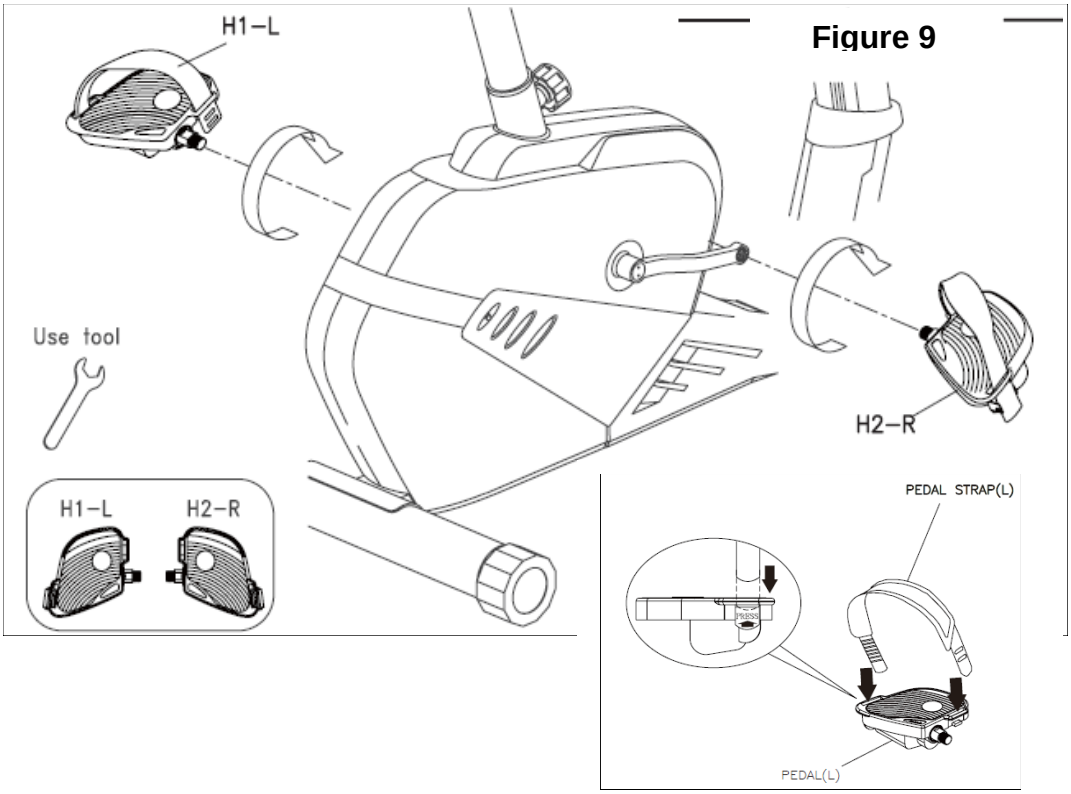
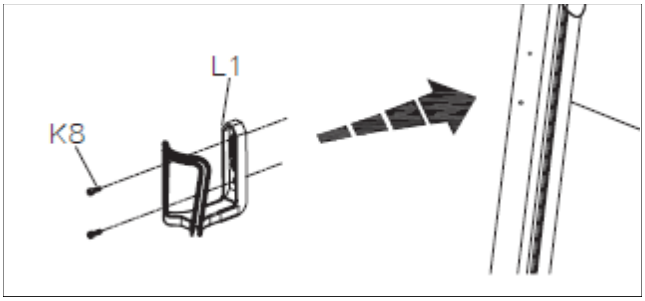


Figure 9

Step 10: Water Bottle Holder

Using a screw driver, tighten water bottle holder to central support tube using screws (K8).

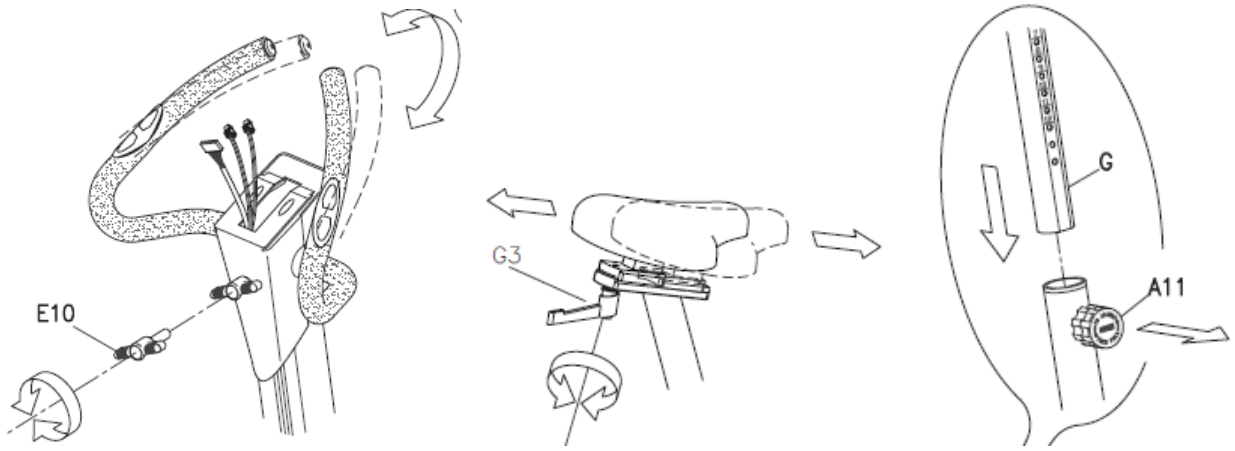


Congratulations!
You have completed assembly of your 950UBs Upright Bike

How to Adjust the Handle Bar & Saddle Position

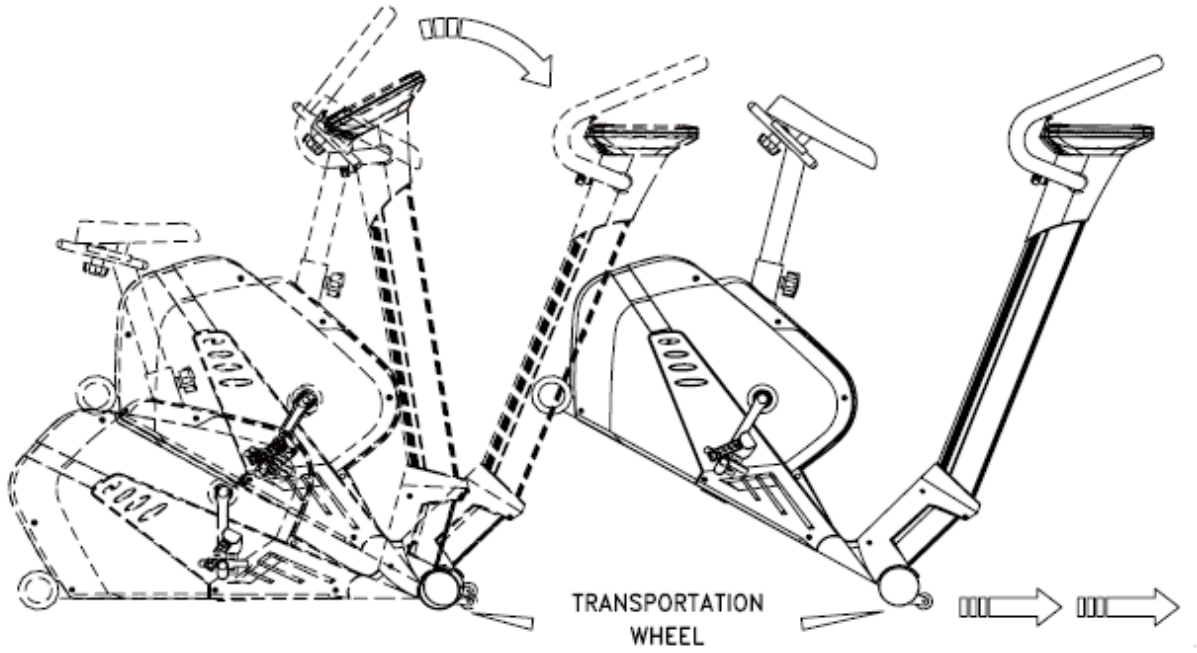
Handle bar position adjustment: loosen knob (E10) and adjust to the correct position. Tighten knob afterwards to secure and prevent handle bars from moving.

Saddle position adjustment: adjust the seat position and height of the bike by loosening knobs (G3) and (A11). Adjust both adjustments according to user's desire and then tighten each knob secure afterwards.



How to Transport the Bike

If the machine needs to be transported to a different location, lift up the rear stabilizer until the front transport wheels are touching the ground. You can move it to the desired location. After transportation, gently set the machine down at its new location.

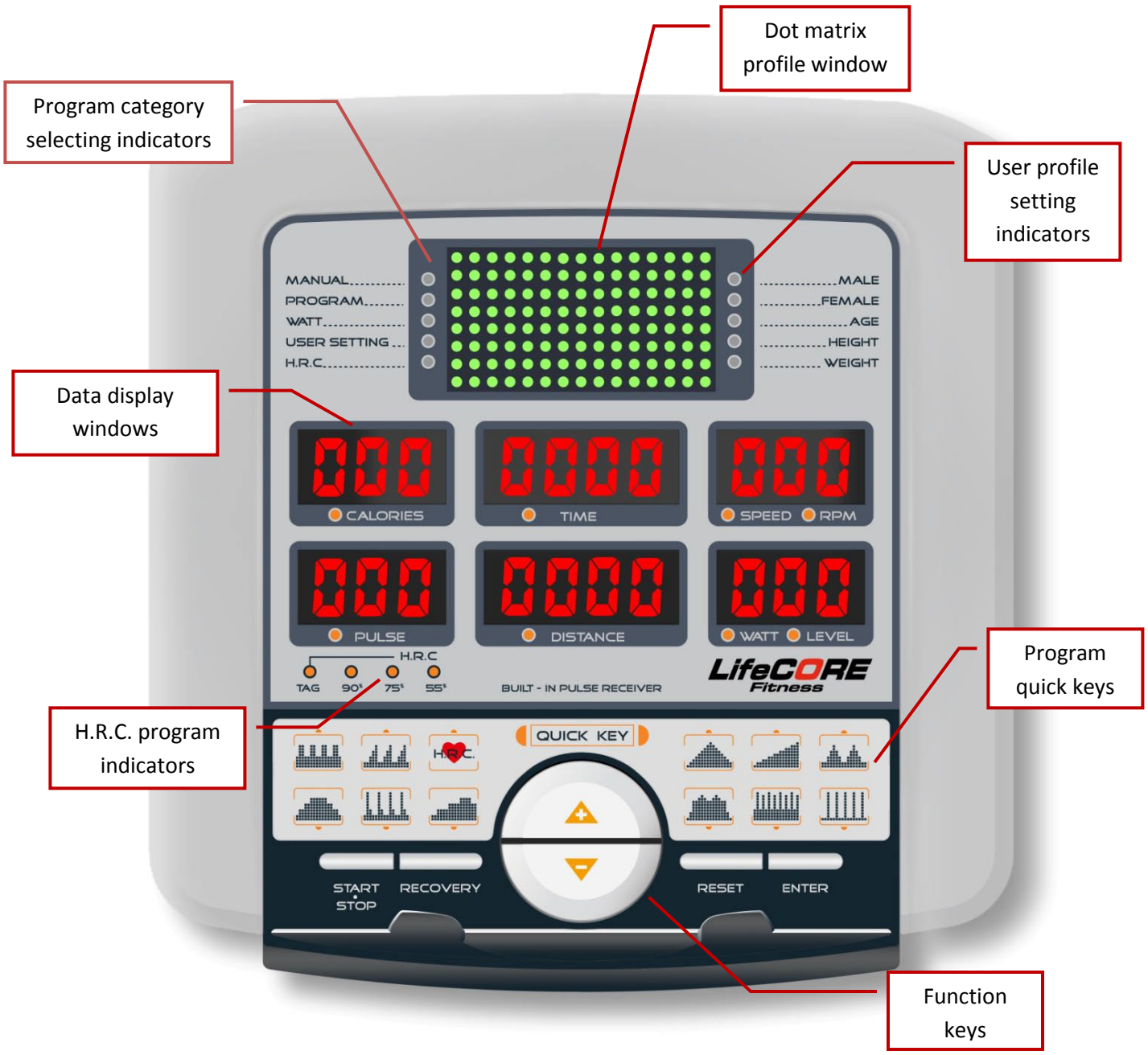


Console Operation Instructions

Please read the console operation instruction thoroughly and get familiar with the console layout. Practice using this console before you start in order to get a better understanding of the functions. Below is the console layout and detailed operation instructions.

This product is powered by a generator; please make sure you pedal above 35rpm to provide sufficient power to the console.

1. CONSOLE LAYOUT



2. DISPLAYS

a. **Dot matrix profile window**:
Displays program profile during program setting and executing. The program profile will be different according to which program is selected.

There are 15 columns of LED representing 15 segments of time; each segment time **=** total program time divided by 15 columns. During exercising, a column of LED will blink to indicate the time segment you are currently in and show your workout progress.

There are also 8 rows of LED representing 16 levels of resistance. Each row represents 2 levels of resistance. The appropriated row of LED will light up when you adjust the resistance level.

b. **Data display windows**:
There are 6 data display windows displaying calories, time, speed/rpm, pulse, distance and watt/level. During program setting, the appropriated data window will blink to indicate which data you are setting currently. Press ▲/▼keys to adjust the value and ENTER key to confirm the value.

Note:

i. During data displaying, speed/RPM window will display speed & RPM each for 5 seconds; switch back & forth. Same as watt/level display.

ii. The default value setting will be updated to the last setting if it has been changed. Pressing & holding RESET key for a couple of seconds will reset them back to factory defaults.

iii. Setting a number besides 0 in those slots will count the number down. If it's set at 0 it will count up.

c. **User profile setting indicators**:
During user profile setting, each LED will light up to indicate which setting is selected. Press ENTER key to confirm selection or ▲/▼ key to change the selection.

d. **Program category selecting indicators**:
During program category selection, each LED will light up to indicate which category is selected. Press ENTER key to confirm the category selection or ▲/▼key to change the selection. There are 5 program categories: manual, program, watt, user setting and H.R.C.

e. **H.R.C. program indicators**:
During H.R.C. program selection, each LED will light up to indicate which H.R.C. program is selected. Press ENTER key to confirm the program selection or ▲/▼key to change the selection. There are 4 H.R.C. programs: TAG (target), 90%, 75% & 55%.

Note: Display sleep mode: If there is no sufficient power to the console, the display will shut down and enter "sleep" mode. Previous activities will be stored for 2 minutes. To resume, simply pedal again. If no power for more than 2 minutes, the console will be reset and previous activities will be lost, except for the saved User information.

3. KEYS

A. Program quick keys: There are 12 program quick keys to let you jump to preset programs quickly. Pressing any of the preset program keys will active the program setting and dot matrix profile window will display the program profile. Press ENTER key to confirm the program selection or START/STOP key to start the program right away.

B. Function keys: There are 6 function keys for program operation.

1) START/STOP key: Pressing the START/STOP key once will execute the program and all data will start counting. Pressing the START/STOP key one more time will enter program pause mode and all data will stop counting. To exit pause mode, simply press START/STOP one more time to resume program.

2) RESET key: Pressing RESET key once, will reset and return back to program selecting mode. If you are in the middle of a program, you will have to pause the program first before you can reset the console. All previous entered value such as Time; Distance; Calories and Pulse will be saved as the updated default value.

Pressing and holding the RESET key for a couple of seconds will reset the console back to the beginning of the setting sequence: user profile selecting. All previous entered value such Time; Distance; Calories and Pulse will be reset to 0.

3) ENTER key: Press ENTER key to confirm the program setting, selection or data entry. For your convenience, there is another ENTER key located on the right side of your handlebar which works the same as ENTER key on the console.

4) ▲/▼key: Press ▲/▼key to go to the next user profile setting; next program selection; adjusting data entry during program setting or level adjusting during program execution. For your convenience, there is another set of ▲/▼ key located on your handlebars which work the same as ▲/▼key on the console.

5) RECOVERY key: This is a function designed to see how much time it takes for the heart to recover after a workout and therefore recommends a fitness level. The program will take 60 seconds to figure out your fitness level and present a fitness score.

Press RECOVERY key after a workout, the time display will start counting down from 60 seconds and pulse display will display your current heart rate. Do not press any key or pedal during the 60 second period. After 60 seconds, the dot matrix display will show your fitness score: F1 – F6. Below is a chart for the fitness level vs. score.

Score	Fitness Level	Heart rate
F1	Excellent	50+
F2	Good	40 - 49
F3	Fit	30 - 39
F4	Average	20 - 29
F5	Below Average	10 - 19
F6	Challenge	10-

Note: In order for this function to work, the pulse reading has to be active thru out the testing period.

C. PROGRAMS

Make sure the console is powered before you start using this console. Turn the On/Off switch located on the back of the bike to the ON position. The dot matrix profile display will show: ML; that means it is in English (vs. Metric) setting.

a. **User profile:** Before picking a program to start; it's recommended to set up your user profile first. It will ensure workout data calculation is more accurate and future workouts are more convenient. There are 4 user spaces for saving user profiles: U1 – U4; user information will be saved permanently unless user changes it. U0 is for a guest user which means no user profile will be saved into U0; it will return to default value after reset.

Below are the step by step instructions for setting up the user profile:

Step 1: Select User Number: Power up the console or press & hold RESET key for a couple of seconds, the console will enter user profile selection mode. In user profile selection mode (dot matrix window shows U1, etc.), press ▲/▼key to pick a desired user number (U1-U4) and press ENTER to confirm.

Step 2: Select User Gender: Male LED will light up; press ▲/▼key to change selection and ENTER key to confirm selection.

Step 3: Set up User Age: Default 25 years old or last entered age will appear on the dot matrix window. Press ▲/▼key to adjust the age and ENTER key to confirm age. The range of age is 10 – 99 years.

Step 4: Set up User Height: Default 60 inches or last entered height will appear on the dot matrix window. Press ▲/▼key to adjust the height and ENTER key to confirm height. The range of height is 40 – 80 inches.

Step 5: Set up User Weight: Default 100 lbs or last entered weight will appear on the dot matrix window. Press ▲/▼key to adjust the weight and ENTER key to confirm weight. The range of weight is 40 – 350 lbs.

After weight is set up, the user profile set up is now completed and user information will be saved into selected user number permanently. To change the user information, simply go through the set up process and enter a different number.

b. **Program select**: After user profile is set up, it's time to pick a program category that you would like to workout on. There are 5 LED indicators associated with 5 categories of programs: Manual, Program, Watt, User setting, H.R.C.

After user profile is set up, the selecting indicators will all light up and flash at the same time. Press ▲/▼key to select a desired program category and ENTER to confirm. You can also bypass the

program category selection and jump to a preset program by pressing any of 12 program quick keys and ENTER to confirm.

To go back to the program category selection mode, simply press RESET key once; the console will reset back to selection mode.

c. **Manual program**: When ▲/▼key is pressed during category selection mode and Manual indicator is lit; press the ENTER key to enter Manual program.

i. **Quick Start**: If you press the START/STOP once either before or after ENTER key is pressed to confirm Manual program, the console will enter Quick Start program. The time will start counting up and resistance level will start with L1. Simply start pedaling and press ▲/▼key to adjust resistance level.

ii. **Manual program:** If you press ENTER key to confirm Manual program selection, the next step is setting up resistance level.

Level window will flash with 1; press ▲/▼key to adjust the level from 1 to 16 and ENTER to confirm. You can also adjust the resistance anytime during program execution.

After level entry, time window will flash with 0:00 or last entered time; press ▲/▼key to adjust the time and ENTER to confirm. The range of time is 0:00 – 99:59 (min: sec).

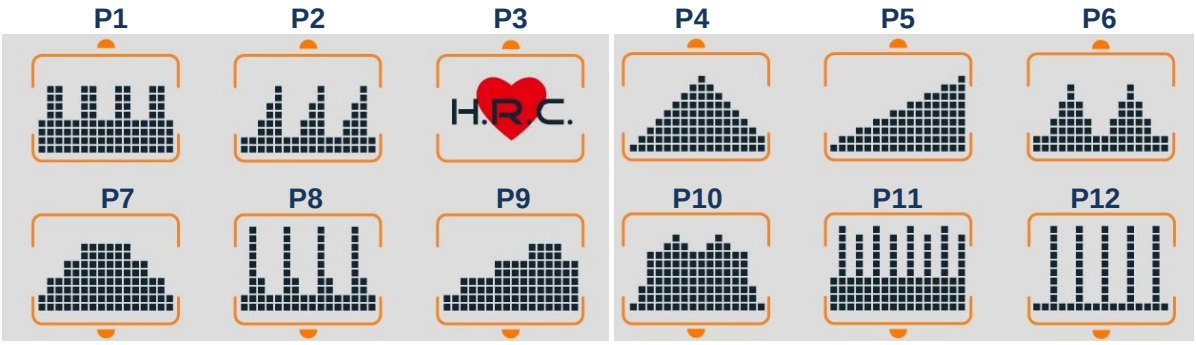
After time entry, the Manual program set up is now completed; press START/STOP to begin this program.

Note: Manual program can also work as a goal training program for Distance; Calories & Pulse. (Pulse goal will work just like Target HR program). For the goal program set up; please make sure you only enter the value for the desired goal and enter 0 for other values. For example, enter 2.0 miles for Distance value and 0 for others; this will start the program as Distance goal program. The time will start counting up and the timer will stop when you reach the 2.0 mile goal.

Please keep in mind, if you enter multiple values during set up, it will work as a multiple goals program and whenever a goal is reached, the timer will stop.

d. **Program (Preset profile program):** When ▲/▼key is pressed during category selection mode and Program indicator is lit; press the ENTER key to enter preset profile program. Press ▲/▼key to toggle through 12 preset programs; Watt/Level window will display program number P1-P12 and dot matrix window will display its preset profile. Press ENTER to confirm the profile.

Below is the program profile vs. program number - (*Note: P3 is H.R.C. program category).*



After you selected a desired profile; the next step is selecting a profile difficulty level. The Watt/Level window will display the level with L1; press ▲/▼key to adjust the level and ENTER to confirm.

After level entry, time window will flash with 0:00 or last entered time; press ▲/▼key to adjust the time and press ENTER to confirm. The range of time is 0:00 – 99:59 (min: sec).

After time entry, the program set up is now completed; press START/STOP to begin this program.

e. **WATT program** (constant power program): Watt (power) is determined by speed & resistance. This program is designed to let you set up your watt goal. The console will automatically adjust the resistance level according to your speed to maintain your watt goal.

When ▲/▼key is pressed during category selection mode and WATT indicator will light up. Pressing the ENTER key now will let you enter WATT program.

If you press the ENTER key to select the WATT program; the next step will be to set up your watt goal. The Watt/Level window will flash 100 or last entered value; press ▲/▼key to adjust the value and ENTER to confirm. The range of watt is 10 – 350 and can be adjusted in decimals of 5.

After watt entry, time window will flash with 0:00 or last entered time; press ▲/▼key to adjust the time and ENTER to confirm. The range of time is 0:00 – 99:59 (min: sec).

After time entry, the program set up is now completed. Press START/STOP to begin this program.

f. **User setting program**: This program is designed for users to build the program profile segment by segment before exercising.

When ▲/▼key is pressed during category selection mode and User setting indicator is lit; pressing the ENTER key will let you enter the User setting program.

Pressing the ENTER key to select User setting program will allow you to set up the program profile. The 1st segment LED on the dot matrix window will start blinking and waiting for an entry. Press ▲/▼key to adjust the level. Press the ENTER key to confirm and go to next segment and so on.

Press the START/STOP key at anytime to start the program. The remaining segments will start with resistance level 1.

g. **H.R.C. program**: H.R.C. programs are based off of user profile information. Heart rate control programs are designed to keep you training at your chosen heart rate level. Console will adjust the resistance level automatically to ensure the target heart rate is achieved and maintained during the entire program.

Your target heart rate, the intensity needed to improve cardiovascular fitness, depends primarily on your age and not your state of fitness. It is calculated as a percentage of your maximum heart rate, estimated as 220 minus your age. It is most effective to train at your target heart rate between 60% and 85% of your maximum heart rate. In order to get the most accurate reading, it is recommended to enter your age before your workout.

Note: A heart rate monitoring device must be used for the program to work. For better results, a chest strap is recommended for this operation. It is also important to consult your physician before performing any Heart Rate based training program.

When ▲/▼key is pressed during category selection mode and H.R.C. indicator is lit or H.R.C. program quick key is pressed; press the ENTER key to enter H.R.C. programs. Press ▲/▼key to toggle through 4 H.R.C. programs. An associated program indicator LED will light up to show the selected heart rate program. Press ENTER to confirm the program.

H.R.C. program quick key

4 H.R.C. programs & its indicator LED:

1. **TAG:** Target HR
2. **90%:** 90% of max heart rate
3. **75%:** 75% of max heart rate
4. **55%:** 55% of max heart rate

i. TAG: Target heart rate program:

Press the ENTER key to select TAG program; then set up your heart rate goal. The Pulse window will display the pulse value; press ▲/▼key to adjust the value and ENTER to confirm. The range of pulse is 30 – 240.

After pulse entry, time window will flash with 0:00 or last entered time; Press ▲/▼key to adjust the time and ENTER to confirm. The range of time is 0:00 – 99:59 (min: sec).

After time entry, the program set up is now completed. Press START/STOP to begin this program.

ii. 90%; 75% & 55% max heart rate program:

As described before, the max heart rate = 220 – age. These programs will calculate your target heart rate with your entered age & the percentage automatically based on user profile. When the program indicator is lit; its calculated heart rate will be displayed on the Pulse window.

If you press the ENTER key to select one of these 3 programs; the next step is setting up program time. Time window will flash with 0:00 or last entered time. Press ▲/▼key to adjust the time and ENTER to confirm. The range of time is 0:00 – 99:59 (min: sec).

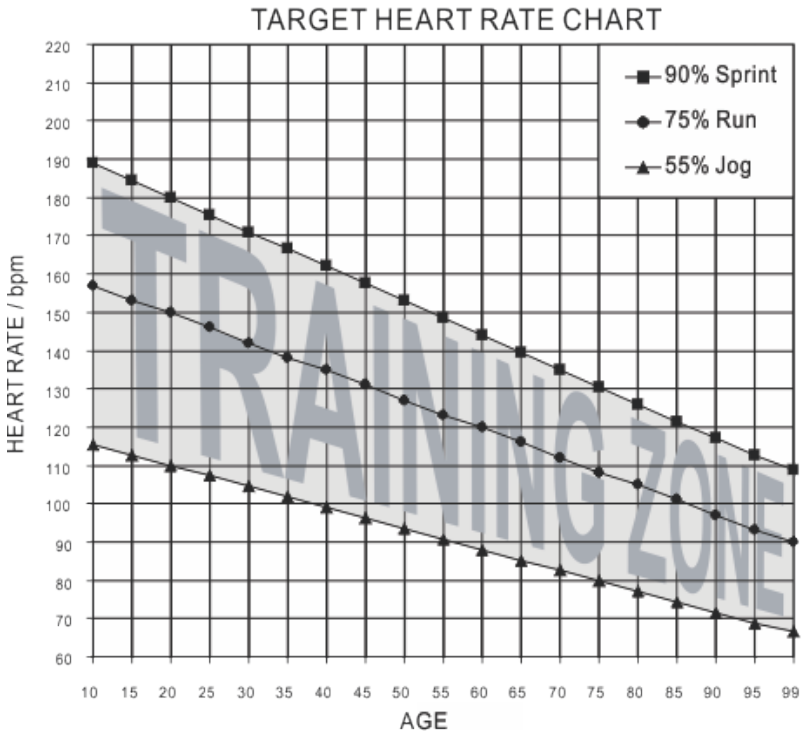
After time entry, the program set up is now completed; press START/STOP to begin this program.

Note: During program execution, if the actual heart rate exceeds target heart rate for awhile; for safety reasons, the console will beep and stop the timer.

Monitoring Your Heart Rate

In order to obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This will vary from one person to another. Use this number to find your approximate effective target zone. It is most effective to train at your target heart rate between 60% and 85% of your maximum heart rate; referred to as "Training Zone". In order to get the most accurate reading, it is recommended to enter your age before your workout.



Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your resting pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity level of the next exercise.

Fitness Safety: *The Heart Rate chart indicates average heart rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.*

Heart Rate Monitoring Devices

Pulse Hand Grips (Standard)
The 950UBs comes standard with stainless steel pulse handgrips. To activate, gently grasp both handgrips to obtain a heart rate reading.

Note: It is recommended to wear a chest strap for The Heart Rate control programs, as it is more accurate. If you wear a chest strap and use hand grips at the same time for heart rate monitoring purpose, please note, the console will take the measurement of the chest strap.

Operating Tips:
If you are not getting a consistent reading while using the hand pulse option, we recommend the following suggestions:

• Make sure that the palms of the hands are touching the contact area of each hand pulse grip.
• Maintain an even pressure on the grips.
• Do not hold the hand pulse grips too tightly.

Chest Strap (Optional)
The 950UBs is equipped with a built-in wireless receiver for your heart rate monitoring. Please contact your dealer for a compatible chest strap transmitter.

To get an accurate reading using these devices, you will need to be within three feet of the console, and a minimum of four feet from others using a heart rate monitoring device.

The receiver of the wireless ECG system is built into the console unit.

(1) Buckle one end of the chest strap onto the transmitter.
(2) Adjust the band length so that the fit is snug, but not too tight.
(3) Buckle the other end of the chest strap onto the transmitter
(4) Center the transmitter on your chest below the pectoral muscle (breasts).
(5) Stretch the transmitter away from your chest and moisten the conductive electrode strips located next to the buckles with water.

Note: The transmitter is on automatically when being worn. It is off when it is not connected to your body. However, as moisture may activate the transmitter, thoroughly dry the transmitter to prolong battery life

Care and Maintenance

The LifeCore 950UBs is made from the best materials and has been tested and received a quality control review prior to its packaging to ensure the correct parts and proper fitting of each component. The amount of maintenance required is very little and very simple; however, a failure to implement preventative maintenance suggestions can prevent the machine from operating as designed. The 950UBs is only for indoor use and should not be stored in damp, extremely cold or hot areas as this will damage the unit this voiding the warranty.

Always inspect hardware prior to any exercise session. Look for loose hardware, loose pedals, loose cranks and frayed wires. Repair or replace any damaged or worn parts, tighten all loose hardware.

- Always clean the machine after use.

    1) Proper cleaning is important for longevity of a machine, clean the unit with a light soap water mixture, follows by a dry towel, or uses a light house hold cleaner such as Windex to remove dirt. The purpose of cleaning the unit is to remove body sweat which contains salt. Salt is the number one factor that will cause the unit to rust and the electronics to stop working.

    2) Dry the unit off with a clean towel to remove left over moisture after every use.

    3) To clean pads, use a mild soap and warm water.

- As part of LifeCore's normal installation and set-up process, all pedal cranks must be tightened after 8 to 10 hours of initial riding to ensure parts are properly seated to axle. This is standard initial "break-in" service, which must be performed after the first 8 to 10 hours of use. Un-tightened pedal cranks may become loose, causing damage, which may void the warranty.

- After the first 12 hours of use, check and retighten any bolts, nuts, screws, etc. making sure that they are tight and working properly.

    1) The number one service issue is loose hardware. Loose hardware can cause the unit to tick, creak, thump, knock, etc. After the first 12 hours once all the hardware has been tightened, the hardware should be checked every 3 months.

- Only use the appropriate power source, never use an adapter that is not certified for the unit, a wrong adapter will cause the electronics to overheat and malfunction.

In the unlikely event that the 950UBs experiences a problem, please contact LifeCore fitness for advice toll free at 888-815-5559.

LC-950UBs Upright Bike

This Limited Warranty applies in the United States to products manufactured or distributed by LifeCore Fitness, Inc. under the LifeCore brand name. The warranty period for the original purchaser is (lifetime) on the frame against defects in materials and workmanship under normal use and conditions (excluding expendable parts such as paint & finish). Home: 5 years parts, 1 year labor, Light-Commercial: 2 years parts, 90-days labor - warranty against manufacturer defects. This warranty does not cover wear and tear items such as, but not limited to, transportation wheels, foot pedals, rubber grips, plastic end caps, scratched parts, broken covers, and cosmetic damage. Wear items pertain to components that might need to be replaced due to normal wear and tear as a result of normal usage. Labor warranty does not cover improper installation, alterations and/or modifications, misuse, abuse, accident, improper maintenance, noises such as: squeaks, clunks, thumps from a result of poor or lack thereof preventive maintenance. LifeCore warrants that the product you have purchased for personal, family household use from LifeCore, or from an authorized LifeCore reseller, is free from defects in materials or workmanship under normal use during the warranty period. In order to validate the warranty this product must have been registered through LifeCore Fitness Inc., and/or a copy of the proof of purchase, and serial number must be presented at time of service. If these items are not presented at the time of requesting parts or service LifeCore Fitness Inc. will not cover any warranty set forth. During the warranty period LifeCore will at no additional charge, repair or replace (at LifeCore option) the part or product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal personal use as determined by a LifeCore technician. Any labor cost above the amount allocated by LifeCore is the responsibility of the original purchaser. If a product is shipped, delivered or transported to an area that is not a LifeCore Fitness Inc's distribution area or is out of a serviceable area, it is the purchaser's sole responsibility to find service and pay for any fees associated with servicing of a product out of LifeCore Fitness distribution or serviceable area. To obtain warranty service, you must contact the original place of purchase. In repairing the product, LifeCore may replace defective parts, or at the option of LifeCore, serviceable used parts that are equivalent to the new parts in performance. All exchanged parts and products replaced under this warranty will become the property of LifeCore. LifeCore reserves the right to change manufacturers of any parts to cover any existing warranty. Any parts determined to be defective must be returned to LifeCore to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or product. In addition, you are responsible for insuring any parts or product shipped or returned. You assume the risk of loss during shipment. Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty. This warranty does not extend to any product not purchased from LifeCore or from an authorized LifeCore reseller. This Limited Warranty does not extend to any product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by LifeCore; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than LifeCore, or an authorized LifeCore service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product be submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon receipt of payment or acceptable arrangements for payment.

LIFECORE MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OR MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. LIFECORE EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. NEITHER LIFECORE NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN (10) DAYS OF PURCHASE TO REGISTER YOUR PRODUCT WITH LIFECORE FITNESS. THANK YOU FOR YOUR BUSINESS! PLEASE MAIL WARRANTY CARD TO: LIFECORE FITNESS, INC, 2575 Pioneer Ave. Suite 101. Vista, CA 92081. Phone (760)599-4555, Fax (760) 946-7602 or register online at lifecorefitness.com, Customer Service: 888-815-5559

LC-950UBs Upright Bike **Please Attach a Copy of the Original Receipt**

Full Name:

_____

Address:

_____

City: _____State: _____ Zip Code: _____

Daytime Phone No.:_____ Cell Phone No.:_____

Email:

_____

Dealer Purchased from: _____

Model: LC-950UBs Upright Bike Date Of Purchase: _____

Serial No._____

Environment Placed: ☐ Residential ☐ Light Commercial ☐ Commercial

LifeCORE Fitness

"We Fit Your Life"

Customer Service
Toll Free (888) 815-5559
Mon-Friday 7:30 - 5:30 PT
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